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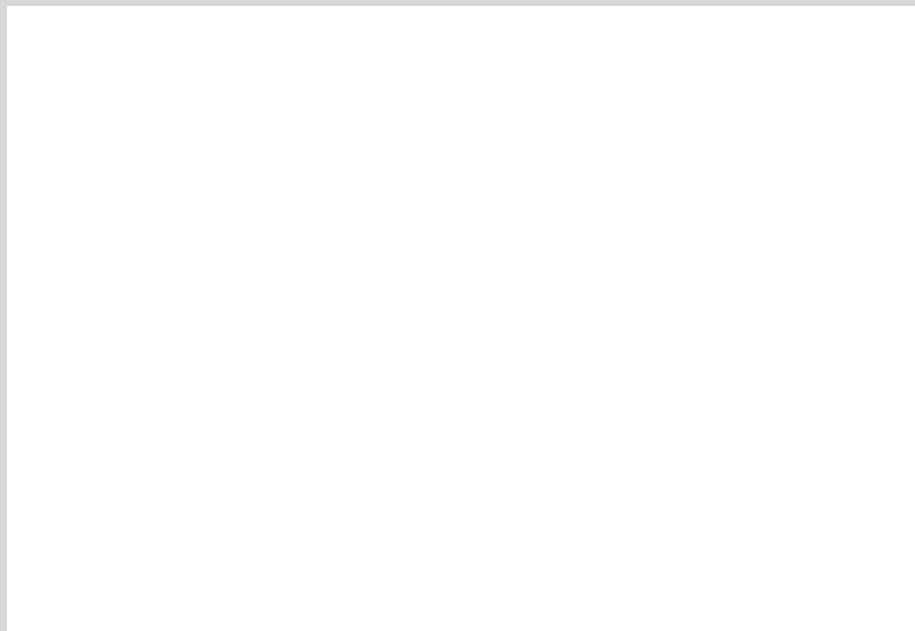
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THE END OF ANOTHER GREAT YEAR AND THE MANY EXCITING THINGS ON THE HORIZON IN 2020



2019 was an exciting year for The Clinic for Plastic Surgery, and we have even more to look forward to in 2020. Many of you are aware of our big announcement about moving into a brand-new building sometime late in 2020, possible early 2021. The plans are already well underway, and not a moment too soon because we're growing almost too fast to control. Our new facility will be four times as large as our current location, has a second floor that will be entirely dedicated to our Medical Spa, and best of all, it's right down the street from where we are now.

We're excited for all the opportunities this move presents, and in between every surgery, consultation, and family event, you can bet I'm running out to meet with architects, engineers, and everyone in between to make sure we get our new place just right. There's a lot that goes into creating the perfect clinic and spa environment that you just don't think about until you're in the midst of it. I'd never thought about how many wall outlets we really need until now. As they say, it's the little things.

We've seen incredible growth in our Med Spa services over the last year, and that's something we're looking forward to expanding even further in the years to come. It's important to us that every single patient who comes to us has an array of options. Surgery isn't for everyone, and we understand and respect that position immensely. That's why we want to make sure our Med Spa offers a multitude of options to put patients at ease. Every day, our team works hard to make sure we're up to date with the latest advances, while being diligent about providing services we have full faith in. To that end, we're excited to now be one of the first practices in

the country offering CoolTone. It comes from the same great minds who brought us CoolSculpting, and we can't wait to see how well it complements our Med Spa services. You can read more about it inside this newsletter.

But enough about business. Our family here at The Clinic for Plastic Surgery enjoyed our annual holiday get-together at the beach house, and like every year, it certainly did not disappoint. We always have a wonderful time looking over the past year together. We talk about how much we've grown and all we've accomplished, not just for ourselves but also for all the patients we've helped. We celebrated success by singing karaoke, then broke out the games, our favorites this year being charades and Spot It. To me, it seems the competition gets fiercer every year. Every single member of our staff has astounding spirit that entertains all of us, and I wouldn't have it any other way. After we crowned the winners, we wound down with another tradition that I make a special point to provide. Even though they don't always believe I'm the one who wrote it, I take the time to craft and present an admittedly lengthy poem that focuses on every member of our team. It's hilariously entertaining, but it really does come from the heart, as it's my chance to share how much I really appreciate all they do. After all, it's our camaraderie that allows us to do our jobs so well and provide our amazing patients with the service they deserve.

We hope you had a wonderful 2019 and are looking forward to a great 2020!

- Dr. Sam Sukkar



YURT SWEET YURT GLAMPING IN BEAUTIFUL LOCATIONS

The allure of the great outdoors calls to many, but pitching a tent and cooking over a fire isn't for everyone. If that describes you, consider the yurt: a small, permanent structure often outfitted with electricity, plumbing, and other modern amenities. Expertly nestled in remote locations, they provide comforts of home in the midst of nature. Here are just a few around the United States available for rent.



TREEBONES RESORT, CALIFORNIA
For those new to the glamping scene, this is a great choice for an easy transition. With picturesque views of the Pacific Ocean, the Treebones Resort in Big Sur has an array of spaciouly comfortable yurts to choose from. The resort has heated pools, a cozy lodge, and even a sushi bar. About an hour up the coastline, you can find a few shops, restaurants, and art galleries if you decide you've gotten your dose of nature for the day.

SPRUCE HOLE YURT, COLORADO
Nestled in the San Juan Mountains about 10 miles north of New Mexico, this yurt is a snow-lover's paradise. Skiing, snowshoeing, and hiking trails are plentiful in this backcountry location. At the end of a chilly day, come home to comfy beds, cooking supplies, and decor made to feel like you're camping — but with sturdy walls to keep out the cold.

FALLS BROOK YURTS, NEW YORK
For the glampers who truly want to get away, hike just under 1 mile into the woods of the Adirondack Mountains to discover rustic yurts beckoning you to cook over a fire or bundle up with a book. At night, the yurt's domed skylight offers excellent stargazing. For those keen on winter activities, skiing and snowshoeing trails start right outside the front door. In the summer, enjoy hiking, fishing, and swimming.

RUNNING IN A WINTER WONDERLAND

Tips for Running and Jogging in Cold Weather



Maybe you love the majesty of a winter's morning, or maybe you just hate the treadmill. Whatever your reason is for wanting to run or jog outside in the dead of winter, remember to take the proper precautions before stepping out. Runners face challenges during the winter that they don't face any other time of year. If you want to experience the winter safely, there are a few things to keep in mind.

WARM UP INSIDE FIRST.

If you're planning on braving the snow and frigid temperatures, try to spend 10–15 minutes warming up before you walk out your front door. Cold weather naturally tightens muscles and joints, so stretching your limbs in a heated environment is a good way to ensure maximum comfort and minimum risk of injury when you're running in the cold.

WEAR SHOES WITH TRACTION.

If your favorite running path is covered with snow and ice, you should consider finding a different route. But, if you can't resist

going down your beaten path, then you need to make sure your shoes are up to the challenge. If your running shoes have worn soles, then you'll need to get a new pair with soles that will grip the ground better before stepping out on the ice. Regardless of how amazing your shoes are, remain vigilant about where you're stepping.

DRESS DOWN A LAYER.

Yes, it is cold outside, but your body will naturally warm up as you run, just like it would with any other physical activity. Think of what you would normally wear to stay comfortable in the cold, and then wear one less layer when you're running. Of course, you should keep other weather elements in mind as well, such as wind, rain, and snow, when you're picking out your running clothes.

Finally, if a day is particularly cold, snowy, or windy, don't force yourself outside for the sake of your health. Sometimes, a good bowl of soup and a roaring fire can be just as physically satisfying as a run outside.

I'M DREAMING OF A GREEN CHRISTMAS

4 ECO-FRIENDLY WAYS TO DECORATE FOR THE HOLIDAYS

Considering all the wrapping paper, decorations, and cards that fill our homes during the holiday season, it's no surprise that the period between Thanksgiving and New Year's is not only the most cheerful but also the most wasteful time of year. According to Stanford University, Americans generate 25% more trash during the holidays than any other period — that's the equivalent of one million extra tons per week, which is enough to convince anyone worried about the health of the planet to cut back on the tinsel and fake snow.

Luckily for the eco-conscious, celebrating the season without adding too much to the landfill is totally possible. To start your own green Christmas traditions, try these tricks:

OPT FOR EDIBLE

Remember the cranberry and popcorn garlands of Christmases past? It's time to

bring them back! Pair handmade garlands with iced salt dough and gingerbread ornaments for a fully edible, compostable tree decorating scheme. A bowl of patterned pomanders (oranges studded with cloves) and pinecones makes for a beautiful centerpiece that smells festive, too.

GO WILD WITH PLANTS

If you like to decorate your stair rail or mantlepiece, try replacing the shiny plastic and fake-foliage garlands with real holly and pine boughs or bringing festive potted plants indoors. Small evergreen trees, holly bushes, and poinsettias are all attractive choices that can, with proper care, last the whole year.

DARE TO DIY

If you have the time, scrap paper can be cut into beautiful ornaments, and old Christmas cards can be punched into leaf



shapes and used to create lovely wreaths. Don't forget to save your wrapping paper and ribbon scraps for next year!

THRIFT SHOP TILL YOU DROP

If you have your heart set on glitzy glass ornaments or an elaborate candle centerpiece, check nearby thrift stores before you head to Walmart. They're often stocked to the brim with Christmas decor during the holidays, and you can probably get something you'll love for pennies on the dollar! Plus, by recycling these previously used decorations, you'll be keeping them out of the landfill.

**Bring in a completed word search and get \$30 off your next IV treatment!*

DR. SUKKAR'S Word Search



ACCOMPLISHED COOLSCULPTING KARAOKE
ANNOUNCEMENT HOLIDAY NEWSLETTER
CAMARADERIE HORIZON YEAR

Sukkar VIP Program

*In appreciation for recommending us,
we want to reward you!*

Surgery — Receive a \$250 Phoenician Medical Spa gift card for referring a friend who has surgery with us!

Spa — Receive a \$50 Phoenician Medical Spa gift card for referring a friend to the spa!

Can you reach VIP status?

Three patient referrals will gain you a one-year membership to the Sukkar VIP Program!

VIPs enjoy:

- ◆ 15% off all services (excludes injectables and products) including your next procedures
- ◆ An invite to all EXCLUSIVE VIP events
- ◆ Automatic entry into ALL quarterly contests and drawings

Don't keep us a secret! Refer a friend today!

Service of the Month

COOLTONE

*The Innovative New
Service in Our Clinic*

We're excited to announce The Clinic for Plastic Surgery is one of the very first facilities in the country to offer the brand-new CoolTone service to our patients. Brought to you by the same company that created CoolSculpting, CoolTone may have the word "cool" in it, but it functions very differently than its sister product and produces different results.

While CoolSculpting uses low temperatures to freeze and kill fat cells in your body, CoolTone helps strengthen and tone your muscles. It uses magnetic muscle stimulation, which means it shoots electromagnetic energy into the muscle to cause involuntary contractions. When muscles contract, the muscle fibers are strengthened. It's the same thing your muscles do naturally when you target them with specific physical exercises.

But now, you can let CoolTone work your muscles for you from the ease and comfort of a resting position. The result is stronger, firmer, and more-defined muscles over the course of about four treatments within two weeks, although treatment plans vary on

an individual basis. Some patients say their targeted muscles already feel stronger after their first treatment.

CoolTone technology offers up to 50% more magnetic power than any of its leading competitors, so it targets and works the muscle with more intensity. It has been FDA-approved for use on the abdominal area, buttocks, and thigh areas, with the intention to increase the number of muscle groups in the future.

The best part about this procedure is that, like CoolSculpting, it's entirely noninvasive. That means there's absolutely no down time after the procedure is done. So you can drop in for your 30-minute treatment and then continue your day as normal. We're excited to be able to offer this brand-new technology to our patients on their journeys to become their best selves. Call our office today to find out if the muscle-defining magic of CoolTone is right for you.